

TALON



We've decided to 'Open The Cover' for the Talon - "Spring Cleaning" issue to all who want to design one. To enter you must design your cover to match the "spring cleaning" theme - from a spiritual, physical, emotional, cerebral, etc. standpoint. No, this does not mean that we are not happy with the designs that our layout team has come out with - in fact they have already submitted some great ones! This is just an opportunity for others to showcase their work. All covers will be posted on the Talon Flickr page (http://www.flickr.com/photos/talon_news) and can be accessed via the special QR code above. Did we mention that there will be prizes for the top 3 cover designs? If we didn't, Yes, there will be prizes!

Spring cleaning history

By Josh Grimes

Everyone has heard of the term “spring cleaning.” But where did this national phenomenon come from? Did mom make it up as she opened the windows to let the outside in, or as she hounded her kids to clean their room? Turns out this “spring cleaning” business has several points of possible origins of practice.

According to research, spring cleaning dates back to the Persian New Year that falls on the first day of spring. To this day the practice of “khooned tekouni” by the Iranian people happens before the New Year. Khooned tekouni factually translates to “shaking the house”; during khooned tekouni everything in the house receives a deep clean, from the carpet to the ceiling and the windows to the walls.

Joining the Iranians is the Scots on Hogmanay which is December 31st, New Year’s Eve. Scottish practice New Year’s cleaning, and this has caught on in Ireland and New Zealand as well, along with other countries to the east in North America. Another possible origin of “spring cleaning is in Orthodox nations including Greece, as its tradition to clean the house during or prior to the first week of lent,

otherwise known as clean week which corresponds with the Julian New Year on April 1st.

Other possibilities of “spring cleaning’s” root can be followed back to ancient Jewish practices of cleansing the house and its’ entirety pre-Passover holiday, which is in the spring. In honorary remembrance of the Jew’s flight from Egypt after their long captivation; during their eight day long holiday Jews have strict exclusionary rules against anything which has been “leavened”. Leavened food is defined

as food made from one of the “five species of grain”: wheat, barley, rye, oats, and spelt, in which leavening or fermentation induced by the presence of water has taken place. Food of this definition is supposed to be ridden from all their homes. For the past 3,500 years practicing Jews have conducted a “spring cleaning” of their houses as well as a search for all leavened food on the night the holiday begins.

The last possible explanation dates back to the 19th century in America, before the invention of the vacuum cleaner. March is the best time to dust due to the warm weather; without bugs windows are able to be opened as gusty winds can carry dust from the inside of the house out. As well as dust cleaning products used may generate fumes inside the house giving the winds another job of cleaning the air on the inside. Next time spring cleaning comes about you may want to think, what you are actually doing does have its purpose in history as several cultures and religions have their own ten cents to debate about the true roots of traditional spring cleaning.



Giving the gift of life

By James Chapman

On April 11th the Community Blood Bank came to Avila University in hope of receiving donations from the students and faculty around campus. The organization setup four tables in the Whitfield Conference Room and began taking donations as early as 10AM. The blood drive stayed open until 2PM giving many Avila members a chance to be available around any schedule.

This blood drive had become a success as multiple students had seen the fliers around school and then spread the word to other dorm members and people in class.

"Giving blood is a really good cause and I saw the flyer around school and decided I had time to come and donate," said Freshman Robert Hayes

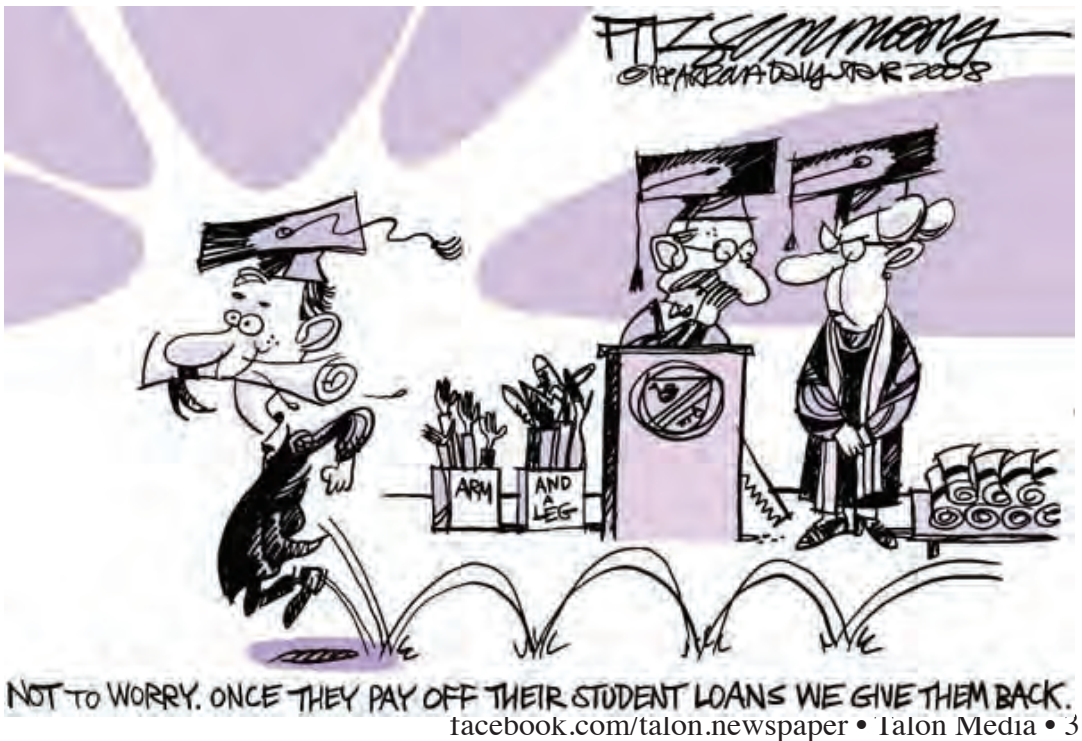
The process of donating blood is easy and can be done quicker than most people think. According to Americasblood.org, giving one pint of blood in a donation can save up to three lives if needed. That means for 20 minutes of a person's time, they can save multiple lives in just one donation.

Freshman Stephanie Curtis had donated blood



three times prior, and decided to donate again when hearing about the opportunity on campus. "I just think it is all for a good cause and it is nice to be able to help other people," Curtis said.

Overall the Community Blood Bank was a success. Many turned out and donated what they could, filling up the four tables the organization had set up. Hopefully Avila will be able to host another blood drive in the near future so that the students of this campus will be able to help those in need of blood.



NOT TO WORRY. ONCE THEY PAY OFF THEIR STUDENT LOANS WE GIVE THEM BACK.

facebook.com/talon.newspaper • Talon Media • 3

Cleansing Your Closet

By Emily Heid

Spring is (attempting to be) in the air. The flowers are blooming, the trees are budding, and your closet is bulging. As winter rolls out, you are prepping for spring: waxing, tanning, and losing those extra five pounds your sweater could easily hide, but a tank top cannot! But as you cleanse yourself from the winter blues, do not overlook the largest elephant in the room. This elephant comes in every color and disguises itself in minis, camis, slacks, dresses, and accessories. The elephant? The content of your closet!

Filled with trendy has-beens and “I used to fit into those” items, our closets have become a fashion graveyard. There are the 80’s and 90’s trends like the mid-drifts that Brittny Spears and Sabrina the Teenage Witch made popular. Then there are the ghastly Christmas sweaters Grandma Betty gave you FOUR YEARS AGO! These clothing “ghosts” are haunting you and are holding you back from becoming the true Fashionista you know you are. Luckily for you, it is a problem that can easily be fixed!

When a person walks into his/her closet and proclaims, “I have absolutely NOTHING to wear”, they might be stretching the truth just a tad. Because unless you are homeless and do not have a closet, chances are you do have something to wear, just nothing you want to wear. Being in college and on a shoe string budget, how can you justify purchasing new items when your closet is already full of (you fill in the blank)? Going with the spring theme, why no spring clean your closet?

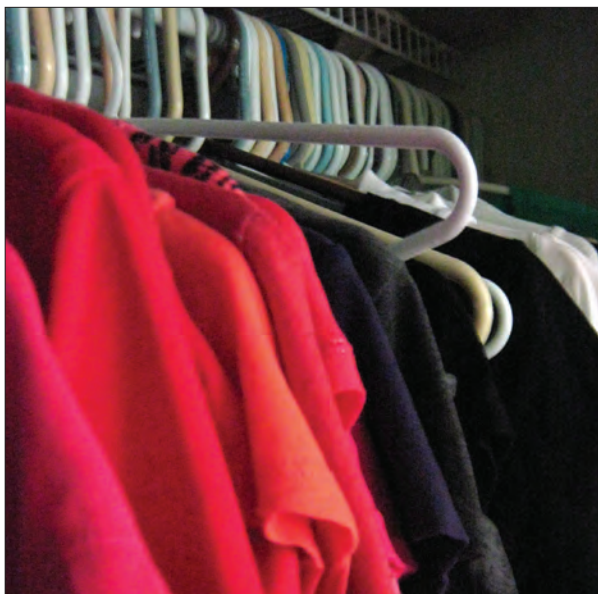
Step inside that big black hole. Take a look around. What do you see? Four white tees that all look the same? Six pairs of jeans, half of which you will fit into again...one day? Whether you want to admit it or not, you do not wear half of these items. Here’s a quick rule of thumb for separating the weeds from the flowers. If you: 1) have not worn the article of clothing in a year or more, 2) no longer fit into the item, or 3) bought the item when it was a trend, which has since gone out of style...you need to remove those items from your closet.

But we are not finished yet! If you are like me, you weeded out about half of your closet. Now what? You should probably go through your clothes ONE MORE TIME. You’d be surprised the extra ten or so items you will pull out. Now that you’ve weeded, it

is time to organize. You need to find the best way to organize for you. Fashion experts (I’m talking the writers of Vogue, InStyle, and Cosmo) recommend pairing clothes by colors – put all the reds together, the pinks together, etc., and arrange from one end of the color spectrum to the other. Others recommend arranging the clothing by types: pants, shirts, jackets, tops, etc. And if you want to get really OCD, you can separate each category into sub-categories. For example, separate your tops by casual, date night, etc.

Next, do not go through the reject pile again and find “old friends” that you are tempted to keep! You need to get rid of them. But how? There are three easy ways to do so: 1) Donate them, 2) Sell them, or 3) Give them to your friends. Selling/consigning your clothes is another option for getting rid of your closet rejects. Places like Plato’s Closet, and Pete ‘n’ Repeat are great places to sell your used clothes. I will warn you, they do not take everything and usually the cash you receive is a lot less than you expected.

Now that the weeds are gone and your closet is a ROY G BIV of flowers, I’d say my work here is done! You have spring cleaned your closet and in essence, your mind. You’ll be amazed next time you walk into your closet and find you actually DO have something to wear (or that you can find the top you were looking for this time!) And, bonus... you even made some money on your old clothes... just enough to buy some new accessories. Ahhh,



Spring Car Care

By Tanekia Hill

When the mention of spring cleaning comes up many individuals automatically think of cleaning their homes. This ritual includes getting rid of the old for something new, dusting and shining all the nooks and crannies of the home in preparation of the upcoming summer year. One of the most neglected items in need of spring care is our vehicles, and they are often neglected.

In the Kansas City Metro area it is impossible to survive without a vehicle. Our cars are our soul source of movement; therefore we must be willing to take proper measures to ensure good upkeep. After a hazardous winter of potholes, salt, frost tested batteries, and pressure on brakes and tires, our cars are in need of upkeep in order for maximum performance and minimize maintenance costs for the next year to come.

Items to check include antifreeze and coolant levels, oil levels, transmission fluid, powering steering fluid, inspect windshield wiper blades for wear and cracks, inspect, and if necessary replace, the engine air filter and cabin air filter, and check steering components and linkage.

Several dealerships and auto shops offer auto maintenance and inspection for a low cost which could be beneficial after a strong winter season. There are also worry free car care manuals for those hands on, do-it-yourselfers resulting in even lower costs. Spring maintenance on your vehicle can help to improve your vehicles performance, eliminate potential problems and avoid costly repairs in an already tough economy. So, please remember our cars need to feel the spring cleaning fever too.



Topping off the fluids and checking the oil is a simple way to keep your car running in prime condition this season.



Having alignment checked after this rough winter season is a wise decision to keep your tires from wearing down quickly.

Car Care Tips

Car technicians recommend several car care tips to keep your vehicles on the road instead of in the repair shop. Here is what they suggest you have checked for your car spring car care:

1. Batteries should be tested and replaced if older than 3 years or weak. Batteries work harder during the winter months and compromise their performance up to 60 percent.
2. Inspect and replace worn or cracked belts and hoses. Ensuring that belts and hoses are intact will prevent mishaps which could be costly in the long run.
3. Have your brake system inspected to rule out any leaks or excessive wear. This preventative measure can mean the difference in costs ranging from \$25 to \$40 for brake shoes and \$150 to \$300 for rotors and drums.
4. Since potholes are unavoidable, have your suspension checked to determine wear or leaks which could cause bigger problems later.

Healthy Spring Cleaning

By Christina Parisse

January is often considered a time for new beginnings and new resolutions for the upcoming year. But many resolutions soon fade once February hits. The great thing about spring is the chance for spring cleaning and motivation to create the new you. As you are packing away your coats and boots in trade for flip flops and shorts, you may soon realize that you can no longer fit into last year's pair. Here are some suggestions to become a healthier you inside and out for this spring.

1. **Clean out the fridge.** Throw out all that expired, moldy cheese and replace it with raw fruits, veggies and lean meat. If you are not getting enough of these power foods you may want to invest in a good multivitamin.
2. **Exercise at least three times a week.** There is no excuse for this one. If you have a gym membership, join a fitness class to help keep you accountable. Sometimes it is easier to suffer through a workout when you know you are not alone. If you do not have a membership, there are plenty of workout videos with diet plans available for purchase for as little as ten dollars at Wal-Mart or Target.
3. **Get outside.** It is a known fact that sunlight improves your outlook. Along with some vitamin D you will also receive serotonin from the sun which cues your brain to be happy.
4. **Get organized.** A great way to eliminate stress from your life while cleaning is to get organized. Take advantage of your cell phone's planner and buy a small filing cabinet for your bills, homework, etc. Knowing where things are will not only save you time but also create peace.
5. **Try something new.** Have you always wanted to take ball room dance or belly dancing lessons? Do it! Mix up your workout; it does not have to be boring.

Vickie Jeffries is a personal trainer at the YMCA. The Y focuses not only on physical health, but a healthy mind and spirit as well. Jeffries has created a spring cleaning chart to help educate others on how to be disciplined and healthy. Some of her suggestions to help a busy person be active are simple things like walking the dog, doing yard work and taking the stairs. When it comes to diet, Jeffries stresses the importance of cutting out sugar and caffeine and eating power foods like raw fruits and veggies.

Molly Wichman, a 2005 Avila grad and now the operations manager for 24 Hour Fitness, shared with me the importance of spring renewal. Molly recommends the following goals for those wishing to change their body and outlook. Wichman's suggestions for fitness efficiency are setting a schedule and sticking to it, finding a workout partner to make it more fun, downloading fun, upbeat music to your iPod to keep motivation up, registering for an event like a 5k to give yourself fitness goals, and rewarding yourself for meeting your goals.

Judy Schmoeger, the owner of Anytime Fitness, suggested that people eat five fruits a day to help during their spring cleanse, especially since spring offers a lot of fruit that is in season. She also suggests that students get outside, relax, and take a walk. The days are now longer and there is much more time to take advantage of the outdoors.

It is your life and your body. With a little determination and discipline we can all better ourselves to become a healthier person inside and out. You only have one body; take care of it.





Let it out: spring cleaning from the inside

By Christina Parisse

Spring cleaning can mean much more than organizing the garage. This spring why not take a closer look at your emotions, feelings and attitude to see what could use a change or a good “cleaning?”

The life of a college student is often very busy and quite stressful. Whether it is cramming last minute for an exam, trying to balance a relationship, a job and school, make sure that you take time out for yourself. Even if it means setting your alarm fifteen minutes early to enjoy a cup of coffee before class or spending a few minutes at night meditating, every little bit helps. While studying does take a mental toll on you, take a small break to get outside and walk around campus, getting out will clear your mind and help you remain more focused for the continuing daily grind.

Spring is also a good time to think about mental distractions and clear your mind. Spring is a great time to set things right; the ideal time for forgiveness and apologies. Any bitter emotions will only hinder and distract you from the tasks you should really be focusing on.

Life Coach Kathy Gates gives advice for spring cleaning your life. Gates makes a point to not take life so seriously. We are human and sometimes we fail, but we get back up again, smile and become better from our shortcomings. Gates encourages people to laugh and find the humor in life. Positivity will help you enjoy the person you are; learning to like yourself and appreciate your flaws will build a healthier you and cause others to desire to be around you more.

Gates explains that life is tough and it is easy to focus on the pain and stress, but counting our blessings and focusing on the gifts we have been given will make us more thankful and appreciative of life in general. She says spring is great time to evaluate friendships and rid yourself of the friends who drag you down in their negativity. Friendships should be an even playing field and no one should be just a giver or taker.

Krystina Erichsen has her master’s degree in Psychology and Counseling and speaks at many motivational seminars. She has counseled various people in different situations and had this

to say as her spring cleaning advice for others:

“Spring time is when the grass grows back green, waterfalls form off mountains with the winter’s snow melting, trees get their leaves, and flowers begin to bloom. It is that time to begin again with a new year that has just started. How you can prepare for this spring is by first praying in expectation of what God has planned for you, writing out major things you want to accomplish by the end of the year, get started accomplishing those goals (start small because every step counts and try not to overwhelm yourself), and do not forget to take a break. Find one day that you devote to yourself and reenergize. Whether it is watching your favorite movie on the lawn, taking your dog for a walk, make a picnic, or playing a game of golf, find time outside to enjoy the nice sunshine and great weather. Remember that nothing is going to happen to you today that the Lord and you together cannot handle. You are never truly alone.”

The time to change is now. You will never regret a positive thought, move or action and perhaps in the process of bettering yourself, you can also motivate and influence others to do the same. Spring clean your inner being.



It's the perfect time to learn kite-flying basics

Send 'em Soaring

By JAMIE GUMBRECHT

McClatchy Newspapers

With a little luck and a gentle breeze — and a few tips from experts — you may never know a plummeting kite again.

We asked Byron Bell and Jessica Mayes, a kite-flying couple and members of KICK — Kite Flyers in Central Kentucky — to share how to choose the best kite for you.

But there are a few essentials to consider before you get started:

■ In some areas, spring and fall are best seasons for kites. But if you're going to the beach, you'll likely be able to fly a kite any time of the year.

■ If the wind is slower than 5 mph, you're probably wasting your time. If it gets over 20 mph, expect a broken kite. The ideal wind speed is from 5 mph to 12 mph.

■ A kite can cost as little as \$50 and as much as \$1,000. Find the right kite for your skill level and interest. And try shopping online or ordering with a club for wholesale prices.

HORNBEAM SLED KITE

For your first plunge into kite making, the "sled" is hard to beat. It's the ultimate in simplicity — two sticks and a plastic bag — and it's a great kite for kids. The Hornbeam design, featuring a crescent-shaped cutout at the leading edge, eases the sled's tendency to collapse in side winds. These directions are for a 24-inch kite, but the design easily can be scaled up to larger dimensions. However, sled kites develop lots of "pull" as they grow in size. Sleds like steady, light winds.

Kitchen garbage bags make nice sled kites, as do plastic lawn bags. You can decorate them with markers or colorful stickers. Plastic shopping bags also work well, and they often come already decorated.

Materials and tools

- 1 large plastic kitchen garbage bag (33 gal. size, 2 feet by 2 feet 5 1/2 inches)
- 2 hardwood dowels, 1/4 inch by 24 inches
- Fiberglass-reinforced strapping/jacking tape
- straightedge or yardstick
- sharp knife

1. Following the measurements in the illustration, make the half-pattern template from heavy paper or cardboard.

2. Two kites may be cut from one trash bag. Lay the bag flat and align the straight side of the template along the bag's side, as shown at right. Cut out a half-pattern for a complete kite.

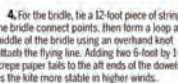
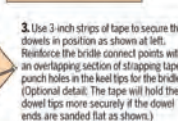
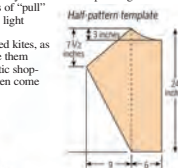
Bridge connect point and keel tip

Optional detail

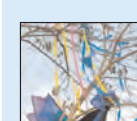
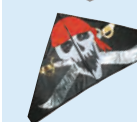
Bridge connect point

Keel

Flying line



4. For the bridge, tie a 12-foot piece of string to the bridge connect points, then form a loop at the middle of the bridge using an overhand knot and attach the flying line. Adding two 6-foot by 1-inch crepe paper tails to the aft ends of the dowels makes the kite more stable in higher winds.



TYPES OF KITES

Here are some basic types of kites, along with examples from the catalog of Premier Kites, a major online source for kites based in Hyattsville, Md. (www.premierkites.com).

Diamonds

These classically shaped kites are old favorites for a reason: They're easy to find or build on your own. Most need a tail to be good fliers.

Who should use it: Anybody, especially kids and inexperienced fliers.

When to use it: Winds 7-20 mph (when leaves and twigs are constantly moving up to when small trees will sway).

What the fliers say: "The tail on the kite gives it some stability," Mayes says. "It helps aerodynamically to get some lift."

Rokkakus

Rokkakus are six-sided Japanese kites that are taller than they are wide. They're sometimes used in battles where the fliers try to ground each others' kites while they're in the air. (These fights are popular in several Asian countries, although people there often use small, diamond kites with glass-coated line for cutting.)

Who should use it: Only fliers with practice — fighter kites can be tough to handle.

When to use it: Winds 4-18 mph.

What the fliers say: "I don't think anybody's going to have rokkaku battles" at kite festivals, Bell says.

Box kites

Box kites are part of a branch called cellular kites. They can be big, like the one above, and complex looking, but a lightweight one is easy to fly.

Who should use it: Anybody tired of the old diamonds and deltas.

When to use it: Winds 7-20 mph (when leaves and twigs are constantly moving up to when small trees will sway).

What the fliers say: "More complicated to build but very easy to fly," Bell says. "I used to make them from dowel rods and model airplane paper. Alexander Graham Bell made some huge cellular kites also."

Deltas

This kite doesn't have the iconic diamond shape, but it's popular for being easy to fly, especially in low-wind situations.

Who should use it: Anybody, especially kids and inexperienced fliers.

When to use it: Winds 5-18 mph (from when you can feel wind on exposed skin up to when small trees will sway).

What the fliers say: "It's more like a miniature hang glider," Bell says.

Sport kites

Sport kites are steerable and often used for stunts. (Think synchronized swimming without the water.) They use two or more lines, instead of the single line found on many other kites.

Who should use it: Anybody can figure them out, but don't expect to be a daredevil on your first fly.

When to use it: Winds 4-20 mph.

What the fliers say: With dual lines, "you can steer those left and right," Mayes says. "The more lines, the more control and the more difficult to fly."

Soft kites

Soft kites inflate like a large balloon and require a lot of wind and strength to manage. They come in shapes such as fish or puppies or giant blue or orange lobsters.

Who should use it: Strong fliers with a sense of humor and patience — you'll have to wait for wind and answer to excited crowds.

When to use it: Winds 9-22 mph.

What the fliers say: "The kite club has a 21-foot inflatable lobster, but you have to get a pretty good wind to get it going," Mayes says.

SAFETY TIPS

■ **Don't fly a kite** around power lines or in a thunderstorm. Everything your mother told you is true.

■ **Don't fly a kite** anywhere near traffic. It was cool to see your kite a few hundred feet in the air, until it came down and landed on a car's windshield.

■ **Don't run with the kite.** Seems innocent, but if you're running and watching your big beautiful kite, you won't notice the tree/telephone pole/small child/picnic table in front of you.

■ **Don't fly a kite** within 5 miles of an airport or 500 feet above the earth's surface. The feds and pilots don't find it cute or impressive.

■ **Don't let the wind** unravel the line in your hands. Ouch. That'll burn later.

■ **Don't fly kites** near trees, and never climb to get one back. Charlie Brown had a kite-eating tree, not a kitespitting tree or a kite-growing tree.

Spring fever brings start to new field and facility

By James Chapman

It is spring; Avila University will be entertaining some new projects for this summer, ending in the Fall 2011 semester. But, it all starts by doing some spring cleaning.

Avila athletics will be receiving a newly renovated artificial turf field. The field is to be put in right behind Thompson Hall, replacing the grass fields of baseball, softball, and soccer. The all-weather field will be a football field, soccer field, and remain to be homes of the baseball and softball teams.

The construction of this field means home games for the football team, as they have been playing their "home" games at Rockhurst High School during the regular season. Coach Michael Ervin, Avila Eagles football coach and recruiter, says "It will definitely create a better fan base through the school and throughout the community, as we will finally play real home games." As Coach Ervin is the recruiting coordinator and quarterback coach, he also explained how having upgraded facilities can help athletic recruitment efforts for any Avila sport.

Assistant Baseball Coach Joe Miller, also a recruiting coordinator, had

this to say, "The field will just be a bigger incentive to come play for a well based athletics program here at Avila. Who wouldn't want to play on an all-weather field and at a school that knows how to win?"

The construction will begin as soon as the baseball season is finished, which could be as late as the end of May. The project does not have an official completion date, but is said to be ready for the first home game of the Avila football season. In addition to the field, a new facility will also be opening up next to the Mabee Fieldhouse. This new facility will contain a large new workout area and indoor batting cages for baseball and softball, and much more.

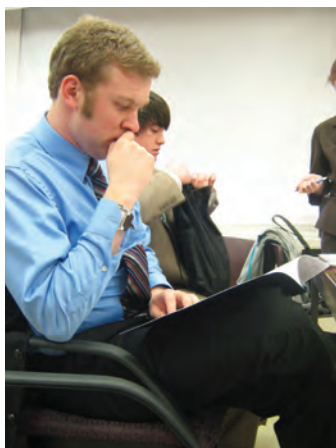
So as the end of the semester comes to a close, and spring begins, Avila decides to do some house cleaning; out with the old and in with the new. Let the expansion and remodeling begin.



Progress on the new indoor facility has started with workers on the project every day.

'Why yes I'm a lawyer'

Avila University's Mock Trial team won top awards at this year's AMTA Regionals this February. Freshman Jennipher Cromely won Best Attorney with a perfect 20. The team also received the prestigious Spirit of AMTA award. Congratulations go out to the winners.



How to Green:Spring Cleaning

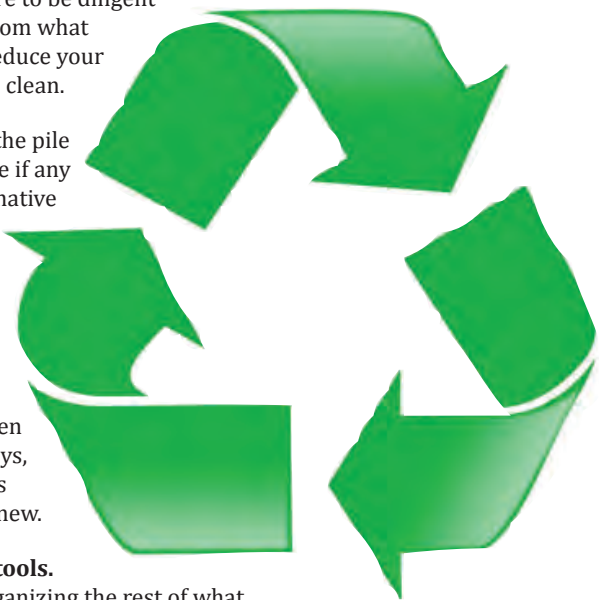
By Danielle Amey

Has your house become dusty, dirty, or cluttered during the winter hibernation? Has the rise in temperature and the appearance of sunlight made the mess unbearable? Then the urge for spring cleaning has erupted, and though most do not act upon it, those who do should keep the annual scrub-down as green as possible.

Here are the top 10 Green Spring Cleaning Tips that will help to reduce, reuse, and recycle the clutter that is postponing your access to the summer essentials, how to clean your home from floor to roof with non-toxic homemade household cleaners, and how to become, and remain, organized without investing into unnecessary storage units.

Top 5 Green Spring Cleaning Tips:

1. **Reduce.** The foundation to removing messes is to get rid of the stuff you never use. Rummage through all the places where it accumulates-the closets, junk drawers, out-of-reach shelves, attics and basements, and any other place where you are inclined to toss aside and "deal with later" and be sure to be diligent about-separating what you will use from what you never will. The quickest way to reduce your cleaning time is to simply have less to clean.
2. **Reuse.** Be sure to rummage through the pile that you are ready to get rid of and see if any of those items could serve as an alternative purpose. Try to see if any of what you have can save you from buying something else.
3. **Donate.** With taking stock of what you can use, then separate out the items that someone else could use or need. This could include dishes, kitchen gadgets, clothes, books, magazines, toys, or home décor. Your house will be less cluttered and others can skip buying new.
4. **Get the right home organizational tools.** Now you need to find a system for organizing the rest of what you have. You will need storage containers. Instead of purchasing multiple plastic bins, try using cardboard boxes wrapped in pretty paper, bamboo baskets, or cloth bags made from old t-shirts. To complete this step, try and raise your storage with eco-friendly shelving to free up floor space.
5. **Make your own household cleaning supplies.** By making your own cleaners, you will bypass the resources that go into production, shipping, and purchasing. By making that plastic spray bottle to getting the product to your local supermarket, you will save a ton of money. Most homes can be cleaned with recipes that are a combination of hot water, vinegar, and baking soda or washing soda; add a few drops of essential oil for scent, if preferred. By making your own cleaning supplies, you are able to reduce waste and less worries about the toxins being sprayed.



Spring brings roster cleanup: seniors out, new recruits in

By Hayley Keith

Generally, most people believe that spring-cleaning consists of cleansing mentally, physically and emotionally. It helps us get ready for new changes and prepares us for what is yet to come. Many of the sports at Avila prepare themselves for spring cleaning as well- cleaning out the old and out dated seniors and sweeping in the new recruits. Most of the sports here at Avila had only up to two or three seniors graduating this year, so there wasn't much cleaning to do. The dance team had two seniors, Emma Vogt and Paige Solomon, the cheer team had one senior, Jessi Anderson, girls basketball had three seniors, Alyson Young, Ashley Jensen, and Jessica James, men basketball had two seniors, Quinton Branch and Lamar Williams, and so on and so forth. As far as the baseball team goes, it's a little more complicated than that. This year the team consists of twelve seniors, one big senior class, also a class that the coaches hold closely to their hearts. "A lot of these kids were the first group that took us to the national tournament. I coached some of them when they were younger. Definitely a special group to me," says recruiting coach Joe Miller. It seems that it will be difficult to find players to take the spots of these seniors. Miller also stated that new groups of kids are always tough at first because they have to learn how to transition into the Avila expectations.

Throughout the years, the team has won many games, titles and a great reputation of success. So far the team's record is 35 wins and 15 losses with only a couple games left to come. After that, the spring-cleaning will occur. The baseball team brings in kids from all over, even California! However, most of the recruits that the team brings in are not straight out of high school, but from junior colleges. Coach Joe Miller says that, "We try to get high schoolers but, the problem is A plus program allows kids to go to school for free and play baseball. Some times we have luck with California freshman." Let's hope that the team can recuperate from losing this year's seniors and continue to be a successful team. It seems that these seniors will be a tough act to follow!



The art of defriending

By Emily Van Zandt

McClatchy Newspapers

"Remove from friends."

The arrow hovers over the hyperlink. This is no ordinary button. One click, and I have the power to erase a person from my life.

Like my sophomore-year roommate, now living in St. Louis. We were never close, never spoke after moving out. I don't have her address, her phone number, her e-mail address. Yet I have access to her favorite movies, her drunken Halloween photos, and am constantly updated on fights with her baby daddy.

What the hell am I thinking?

(Click.) One down. 300 to go.

In late fall, I had around 400 friends on Facebook.

Today, I have 134. (Click.) Make that 133.

When Facebook first entered my innocent life in 2005, I panicked that my friend count was too low. If I wasn't properly connected, how would anyone see my cleverly quoted interpretation of a religious view? Who would wish me a happy birthday? I accepted and sent out friend requests without a second thought and soon accumulated 391 friends.

That's higher than the 200 or so friends that Larry Rosen says the average user has on Facebook or MySpace.

"When you're sitting behind some kind of screen, whether it's a computer or a cell phone, you feel like you can say or do what you want without repercussions," said Rosen, a psychology professor at California State University, Dominguez Hills who studies the way people communicate online. His book *Rewired: Understanding the iGeneration and the Way They Learn* comes out this spring. "People begin to friend and unfriend often with people they don't know or who are just acquaintances because they feel uninhibited."

There is also the appeal of being able to communicate 24/7 with someone or just "thumbs up" a photo rather than make real conversation. It's comforting, it's easy and it's all very public.

"There's a sense of belonging in it," Rosen said. "It's a sense of community in a generation where community has sort of disappeared."

Wait, what community? I don't talk to half of these people. There are some I would outright avoid if I met them on the street.

(Click.)

132.

I decided to rid my account of any "friend" that ... well, wasn't. Sound easy? You try it.

I'm not saying it's "Sophie's Choice" or anything, but look at who you're dealing with: family, co-workers, friends, exes, classmates, business connections, crushes, acquaintances who might become famous old friends who live in great cities, oversharers.

With every click of the "Remove from friends" logo, you risk burning a bridge, losing a contact and missing a stalking opportunity.

I'm not the only one who has experienced a Facebook friend refreshing. The New Oxford American Dictionary announces its "Word of the Year" each winter, and this year, "unfriend" made the cut (though I'll still stick with "defriend"), beating out words like "hashtag," "sexting" and

"funemployed."

While it was easy enough to rid my account of the people who I will never see/hear from/run into again, there were dozens of "friends" who I only have vague connections to. Our parents are friends ... still owes me money from junior year ... you get the idea. And then there are those people who are just too nice to defriend. I go to click the button, and my two-sizes-too-small heart hurts. Can't do it.

Quickly, though, a pattern emerges. The ground rules:

1. Don't defriend family: Yes, having parents on Facebook is awkward. Know what's worse? Refriending your mom. No one needs that kind of talk at the dinner table.
2. Don't defriend exes: Once clicked, immediately regretted. Deleting their number from your phone used to be the final frontier in breakupland. Now it's the ultra-therapeutic defriending. But as much as you don't think you want to see pictures of your significant other moving on ... you do. You really do. We're all masochists at heart.
3. Don't defriend co-workers: This goes for potential business contacts, too. If I were a social-networking purist. I'd say stick to LinkedIn. But I'm not. Keep 'em. You'll need 'em.
4. Don't defriend friends. The real ones. The ones who help you move. And on the other hand ...
5. DO defriend people you've never met: I don't know how it happened, but I was at some point friends with both Jerry Garcia and Truman the Tiger. I'm not proud.
6. DO defriend people who you'll never see again: Unless they fall into categories 1 through 4, if you're never going to see, hear or talk to the person again, do you really need to be looking through their "HaLloWeEn 2009!!!!" photo album? Don't make me answer this for you.
7. DO defriend people you don't actually like: You know she's on there. The blonde who made fun of you in gym class your freshman year of high school. Go ahead. Avenge your 14-year-old self.
8. DO defriend oversharers: Or don't. The way these people swing from highly annoying to highly entertaining is nothing short of amazing. That person who updates their status "Finally passed my kidney stone!" Really great. Yet really awful.



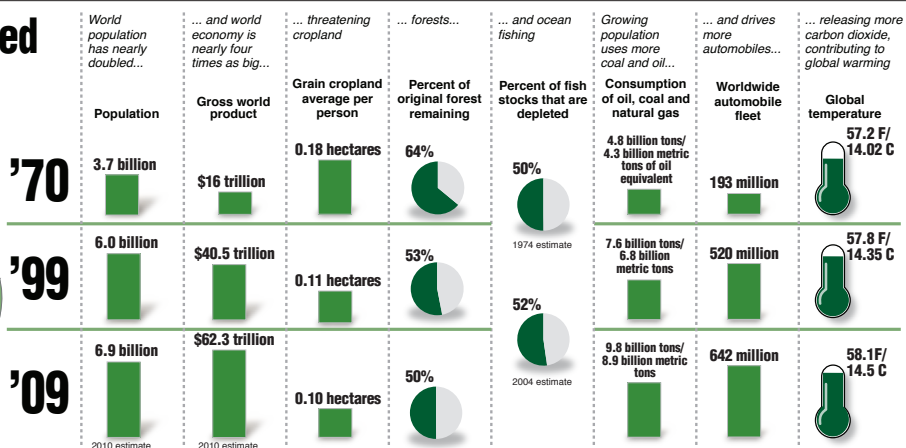


Our imperiled planet

Forty-one years after the first Earth Day, the Earth is still being dangerously destabilized by human industry. Some key indicators:



© 2011 MCT
Source: Worldwatch Institute, U.N. Population Information Network, CIA World Factbook, NOAA
Graphic: Pat Carr



Editorial Policy

The Talon News Magazine is produced by students of Avila University. Opinions expressed are those of the writers and do not necessarily reflect those of the Talon News Staff, the Trustees, administration, faculty, or staff of the University. The Talon News Magazine encourages letters to the editor. These may be submitted electronically or in writing and should include the writer's name, address, and telephone numbers for verification purposes. Letters can be mailed to the Talon News Magazine Editor, Avila University, 11901 Wornall Road, Kansas City, MO 64145. The Talon reserves the right to edit letters for reasons of space, clarity, or inappropriate language. Copies of the Talon News Network Operational Guidelines may be requested by writing to the above referenced address.



Are you considering career in chiropractic?

Come and visit us at our beautiful campus in Overland Park

- Three entry dates per year
- Accelerated undergraduate courses
- A rich history and exciting future
- Scholarship opportunities available

CLEVELAND CHIROPRACTIC COLLEGE

Kansas City | Los Angeles

www.cleveland.edu
1-800-467-CCKC



Add The Talon as one of
your friends on Facebook!

Budget

Car and Truck Rental



Two Great Choices in Overland Park!!

Enjoy all the comforts of home at Drury Hotels of Overland Park. Both hotels provide great extras like:

- FREE HOT!QUICKSTART™ Breakfast Expanded Continental Breakfast at Pear Tree Inn
- FREE Evening Beverages & Snacks (5:30 - 7pm)
- FREE Local Calls, Voice Mail
- FREE Covered Parking
- Coffee Makers, Irons, Hair Dryers in all rooms
- Dick Clark's American Bandstand Grill right next door

Just minutes away
from Avila University!



Drury Inn & Suites
10963 Metcalf Ave. • Overland Park, KS
913-345-1500



Pear Tree Inn by Drury
10951 Metcalf Ave. • Overland Park, KS
913-451-0200

Ask for the Special Avila University Rate
druryhotels.com • 1-800 DRURYINN

Graduation Saturday, May 14

11:30 a.m.
Independence Events Center

Now Serving:

- Paninis
- Variety of breads.
- Evol Burritos
- Soup



**Get 10% off
with Avila I.D.!!**

We've got Great Gifts!

- Fresh roasted coffees
- Travel mugs
- Coffee presses and Gift Cards



Free WiFi

Come study or
just relax with friends.

**Happy Hour
2pm-5pm Daily**

\$1.00 off all espresso drinks



535 East Red Bridge Road
Kansas City, MO. 64131
816.941.8585



8975 Metcalf
Overland Park, KS. 66212
913.381.3030